HYPNO-TRICKS

(A Complete Hypnotic Act Using No Genuine Hypnosis!)

www.hypnotorious.com

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Welcome to "Hypno-Tricks" an amazing new publication, which will teach you stunts, routines and experiments, all of which can be presented as if genuine Hypnosis is used and yet no Hypnosis is ever used in any of them!

Furthermore no Stooges are used, nothing is set up in advance with any of the volunteers or audience members and even those people who participate in the experiments will be as shocked and amazed when they work (as they always do) as the viewing public are!

The first Seven demonstrations which are explained in this manual, are explained with suggested patter in order that you can easily and quickly understand the Psychology behind how these types of things are presented in such a manner that the viewing public perceives them to be actual genuine Hypnotic demonstration's.

In short if you ask a volunteer to co-operate and close their eyes and then you say something such as "In order for this to work you must keep your eyes tightly closed at all times unless I say otherwise!" then as they will want things to work they will play along.

However as you combine saying this with running your hand over their face in a Hypnotic manner, the audience perceives this as if you have placed the volunteer into some kind of Instant Hypnotic Trance.

Then when the volunteer returns to the audience and is told what they have just done, they too will be as amazed as the audience as they will have no idea how they were able to have needles thrust through their body with no pain or be supported across the backs of two chairs as concrete blocks are smashed across their chests!

I will now explain seven amazing Hypnotic Style demonstrations and give suggested patter for each to set your mind on the right track, so that you will then be able to formulate patter for the other secrets which are then explained to you for the remainder of this manuscript.

The key secret is that your patter should always sound like that a genuine Stage-Hypnotist would use as then the audience will come to believe that you are a genuine Hypnotist and that the things you are doing are a result of you having placed your volunteers into some kind of Instant Hypnotic Trance!

Most of these demonstrations can be performed anywhere, anyplace, anytime and as they can be performed on anybody, including the world's biggest sceptic they are ideal for challenge situations.

Best of all as they use no genuine Hypnosis, you can advertise yourself as a "Mind Magician" and avoid the need of applying for any form of Council Permission to perform your shows!

By changing the patter just a little, these demonstrations can also be presented as experiments in Psychic Mind Energy or whatever other names you wish to call them!

So lets get started with one of my favourite experiments entitled:

WEAK ARM – STRONG ARM TEST

This is a visual demonstration which I have used along with the other tests which will be explained with great success in the past on TV shows including "Psychic Livetime" (Granada Breeze), "Live at Three" (UK Living) and Children's "Nickelodeon" TV Station amongst many others.

I have also used it extensively as a live demonstration piece both on Stage & in Cabaret and also whilst giving lectures at many of the Psychic Fairs which in the past I have attended and exhibited at!

EFFECT

Volunteer one clenches their right fist and then with their fist in this closed position places their right arm outstretched straight in front of them.

They are told to close their eyes and imagine clearly a time in their life when they felt very weak unloved & unwanted.

They are told to now notice how weak, how drained and how NEGATIVE this makes them feel.

"Feeling weak, drained and negative from the tips of your toes to the tips of your fingers!"

You tell them to TRY to keep their arm straight out in front of them as they allow these NEGATIVE emotions and feelings to flood their entire body from tip to toe.

Then you count to three: - 1,2, and on 3 you cue a 2nd volunteer upon the stage to push down the first persons right arm which they find they are able to do with the greatest of ease.

It is explained to the audience that under normal circumstances the 1st volunteer would have been able to keep his arm much stiffer, much straighter and out in front of him for much longer despite volunteer number two pushing down on his arm.

It is explained that this demonstrates how Negative emotions in our minds can lead to Negative effects in our bodies and as a consequence often lead to unnecessary illnesses and disease.

The good news however, is that by using a form of treatment such as Hypnotherapy we can remove all negative emotions from our bodies and therefore end up with a far more healthy life.

To demonstrate this you have Volunteer number 1 close their eyes once again and have them imagine the warmth represented by the colour Orange that is now flooding into their body.

They are told that just so long as they see the colour Orange clearly that in a few moments time something which was just a few moments ago so difficult will now become so ridiculously easy to achieve.

They are told to notice the inner strength they now feel which is making each and every muscle group in their body from the tips of their toes to the tips of their fingers STRONGER than they have ever been before.

Volunteer number one is then told to resume the same position as before with their right fist clenched and their right arm held outstretched straight in front of them.

Volunteer number two is then told "OK on the count of three just TRY to push his arm down and notice how difficult it is for you and how much STRONGER he has become, 1, 2, 3, That's it just TRY to push down his arm.

Volunteer number two is allowed to continue TRYING for a few seconds or so and then is told to relax. Then volunteer one is told to relax also and take their new-found strength with them.

When asked volunteer one WILL SAY how weak he felt the first time and indeed how much stronger he felt the second time around.

Volunteer two when asked will genuinely comment how much more difficult she found it to get his arm to budge the second time around.

EXPLANATION

Everything is done and carried out 100% exactly as I have just explained, with only a few points being of particular relevance as follows:

The first time around volunteer one has to hold their arm out in front of them from the very start of the demonstration and so it is little wonder that their arm is tired by the time volunteer two comes to push it down.

Also the first time around the psychological effect of thinking of negative things will genuinely make volunteer one feel weaker – its quite simply a simple form of SELF-HYPNOSIS which makes this work without fail with any willing & co-operative subject.

The suggestion of "TRY to keep your arm out straight in front of you!" suggests by that single word TRY that they will be unable to do so!

This is a technique known in Hypnosis as "The Law of Reversed Effort" which states that the harder they TRY to do something the less success they will have!

And finally with reference to the first time round where volunteer one is made to feel weak, because you cue volunteer two to push their arm down on the count of three without person one hearing you it will then come as a shock when it happens!

Because volunteer one does not know when his arm will be pushed down or indeed expect it to happen at all, it will be a complete surprise to him when this happens, he will be caught off-guard and will not have chance to tense up his by now already very tired arm.

The moment this first demonstration is done both volunteers are told to relax as normal. This gives volunteer one time to rest his arm ready for the second time!

This time volunteer one stands with his arms by his side and eyes closed as you tell him to think of the positive times in his life when he felt STRONG, confident and on top of the world.

He is told to notice that as he clearly sees these things in his minds eye so at the same time he starts to feel STRONGER in each and every muscle group from the tips of his toes to the tips of his fingers.

You then start to explain to the audience that its time to make volunteer one much stronger and healthier by the power of Hypnosis and you go into your Mumbo Jumbo at this point!

The moment volunteer one has started to visualise the colour Orange clearly in their mind, then and only then you get them to resume their original position of having their right arm straight out in front of themselves with the fist clenched.

Volunteer one is told "Notice how much stronger you feel, notice how much stronger you are and how much stronger you have become!"

Volunteer two is then told "On the count of three I want you to TRY and push his arm down as you did before, except this time notice how much harder it becomes for you to achieve this."

Then you count 1,2, and on 3 – Just TRY to push down his hand, that's it Just TRY, TRY (continue like this for a few seconds and then say) And now everyone just relax once again.

This time volunteer one has been warned when the pushing will begin and has time to tense their arm, also this second time around it is upon volunteer two that the Law of Reversed effort is used by suggesting to her to TRY and push down his hand.

SUMMING-UP

Do exactly what I have just explained in exactly the way I have said to do it and this demonstration will work EVERY time. Yes the levels of success will vary, but in general 9 times out of ten the visual difference will be VERY DRAMATIC!

And in the other 10% of cases it will still be visual enough to show that "Hypnosis" has indeed made the man stronger the second time around.

This works due to a combination of The Law of Reversed Effort (TRY), the verbal suggestions given to them and the things they think of (self-hypnosis), and the fact that second time around the man (volunteer one) has prior warning of when the woman (volunteer two) will TRY to push down his arm.

He has of course also had a minute or two to rest his arm between tests and this time only places his arm outstretched in front of him at the last second, thus not giving it time to get tired as in the first instance.

This may not sound very impressive when described like this on paper, but visually its very dramatic and makes for a good TV or Stage Show demonstration which both the audience and those whom participate in the experiment will find AMAZING!

BUCKET OF ICE TEST

This is a routine, which I originally saw demonstrated by a so-called Conventional Psychic Healer called Mathew Manning on Uri Geller's ITV Special "Beyond Belief".

EFFECT

It is explained to a volunteer seated on stage, that in a few moments time their right arm will be placed into the fish tank next to them which is full of Cold Water and Ice.

They are told to remove their hand from the Iced Water the very second that they feel it is too cold or painful to keep their hand in it any longer.

They are told to close their eyes and you then lift up their arm and place it into the tank of Iced Water without warning.

From the second their hand enters the Water until the very second they remove their hand is timed by a stopwatch which is held and operated by a 2nd Volunteer from the audience.

The time is noted and Volunteer one is told how long they managed to keep their arm under water before the "Hypnosis" begins.

Volunteer One is told to close their eyes and relax as you start the Psychic Mumbo Jumbo.

You suggest to them that "In a few moments time when and only when I count to 3, then and only then I will place your right arm into the water tank beside you."

"This time you will notice that from the very second your hand enters the water you WILL FEEL calm, relaxed and confident in every way!"

"You will notice that something you once thought would be so difficult now becomes so ridiculously easy and you will feel NO DISCOMFORT whatsoever!"

Then you go into the think of the colour Orange Blurb and feel the warmth Patter mentioning to the volunteer that:

"Just so long as you keep seeing the Colour Orange brightly in your minds eye whilst feeling that warmth flooding your entire body YOU WILL FEEL NO DISCOMFORT whatsoever and will be able to keep your hand in the tank for much longer with the greatest of EASE!"

1- Relaxed, Calm & confident. 2- feeling warm & strong inside and on 3 Just notice how, unlike last time you feel no discomfort whatsoever. (As you count three you place their hand back into the water)

At this point Volunteer number two starts the stopwatch and prepares to stop it the very second that volunteer number one removes their hand from the water again.

The times are compared and it is noticed with much amazement from both those involved and the audience that She was able to keep her hand under water for CONSIDERABLY longer the 2nd time around!

She is given a towel to dry her arm and returned to the audience to thunderous applause.

EXPLANATION

Basically if you do exactly what I have explained in the way I have explained it, and say what I have said in the way that I said it then this WILL WORK with great success for you.

The volunteer hypnotises themselves through their belief that "Hypnosis" will work, as don't forget you asked only for volunteers who were willing & co-operate whilst having very good powers of Intelligence, Imagination and Concentration.

Your suggestions to them as detailed in the "effect" section are worded such as to Hypnotise them further into the belief that this will work.

The fact they have had their hand under the cold water once means that the second time around it is not so much a shock to their system and this alone will allow them to keep their arm under for longer than before.

Also second time around the idea of pain is NEVER allowed to enter their head. You see first time around they are told "Remove your hand from the water the very second it becomes too PAINFUL to keep it there!"

This suggests to them it will be painful and with this in their mind it won't be many seconds before they remove their hand from the water.

However second time around the word pain is NEVER ever mentioned and instead they are told to notice HOW LITTLE DISCOMFORT they will feel and how much easier it will be this time.

Lastly the fact they know how many seconds they kept their hand under first time around will usually make them determined to beat this second time around and in a focused state of mind such as this – SUCCESS WILL BE ACHIEVED.

For this experiment I find it works better if the volunteer with the stopwatch is a male whilst a female is used to place her hand into the water tank!

The tank by the way is nothing more than a reasonable sized fish tank, which is filled with 50% cold water, and 50% Ice cubes!

Incidentally it's a proven scientific/medical fact that women have a higher pain threshold than men and that's another reason why I use a woman for this "Bucket of Ice" test.

PSYCHIC STRONGMAN TEST

As a demonstration of "Hypnosis" this experiment has been used by me on countless Television shows, and indeed this test is so good that it has been used by top psychic performer Uri Geller on many of his world-wide TV shows to date, although obviously Uri didn't present it as "Hypnosis" as we will do!

EFFECT

A large volunteer is seated on a stool/chair and four other volunteers are asked onto the stage to participate.

The man on the chair is told to sit upright with his hands on his lap, whilst the four other volunteers are told to interlock the fingers of both hands so that the fingers of the left hand are against the back of their right hand and vice versa.

With their hands interlocked in this position they are then instructed to place their two Forefingers so that they point outwards with their fingertips away from their interlocked hands.

With their hands like this two people are told to place their outstretched forefingers underneath the seated volunteers armpits (one under his left armpit and one under his right).

And the other two volunteers are told to place their outstretched forefingers under the seated mans kneecap area, again one under the left side and one under the right.

On the count of 3 they are all told to TRY and lift the seated man as high as they can noticing as they do how difficult this is to achieve. 1,2,3 – OK just TRY.

They attempt to do this either with no or very little success, which demonstrates how hard the following test, will be to achieve.

The four volunteers who are stood up all overlap their hands in the air so they go, right, right, right, right, left, left, left, left in order so all four people now have their right hands on top of each other in the pile and then their left hands above these!

At this point you instruct each of the volunteers to close their eyes and get them to concentrate on the Orange Colour and the warm feeling for a few seconds.

As you do this it is suggested to them all that "In a few moments time we are going to lift this man again and this time something you once thought would be so difficult WILL become so ridiculously easy!"

"Just so long as you think of the colour Orange at all times you will find that he becomes as light as a feather and that you become as strong as an Ox!"

"On the count of three I want you to all open your eyes, remove your hands from the pile and put your hands back together as they were before so that your fingers are interlocked onto the backs of your hands with only your Forefingers pointing outwards away from you.

Then immediately resume your positions as before, so your fingertips are under the mans armpits and kneecaps as you had them before and then the very second I shout NOW – that very second YOU WILL LIFT HIM UP with the greatest of ease.

1 – Confident, Calm & relaxed, 2- Strong as an Ox and on 3 Resume your positions this very second. (Allow them all to do so and then say) NOW – Lift him up – higher and higher and higher!

This happens and yes the man is almost thrown through the roof the second time to everyone's amazement, before being returned to his chair.

EXPLANATION

Don't even ask me to explain why this works – but believe me it does! I can honestly say that I've been using this test both on TV and Live Stage shows for a number of years now and it has NEVER gone wrong.

Admittedly the patter I use is worded following the rules of NLP and as such actually does have a positive psychological effect on the volunteers.

However even if you carry out this test without using the patter I've suggested then, as you will find for yourself, this test will still work!

The most bizarre thing about this test is that at the end the seated person will swear that they actually felt themselves get lighter, whilst the four other volunteers will swear they felt themselves get much stronger.

Don't underestimate the visual & psychological impact this test has on an audience as I have always found it to be an excellent applause puller, which is long remembered by the crowd!

THE HUMAN PLANK TEST – (FULL BODY CATALEPSY)

In my opinion and experience this is by far the most powerful and impressive demonstration of apparently genuine Hypnosis that you could ever perform for an audience.

When people have seen you perform this, they will believe 100% that you are a genuine Hypnotist, and even the people who take part in the demonstration will not have a clue how it is done and indeed will be just as amazed as the audience.

Trust me when I tell you that, when performed correctly as the final demonstration of your show, this truly can get you a standing ovation from even the toughest of audience's as it has done for me on many occasions.

EFFECT

A tall volunteer is apparently placed into an Instant Hypnotic Trance and after you have given him a few simple suggestions his body becomes as stiff and rigid as an Iron Bar!

To prove this fact to the audience you place the mans rigid body across the backs of two chairs so that his neck is balanced on the back of one and his ankles are balanced on the back of the other.

Then when the applause has died down, you sit on his unsupported midriff and lift your legs into the air to prove how rigid his body has become!

Then you can stand on a chair and then step onto the centre area of his body and stand on him/her, so that your entire weight is supported by their now stiff rigid body!

Should the occasion be right you could even balance a concrete block on their chest area and then smash it up with a sledge hammer, whilst to everyone's amazement, the volunteers body remains stiff and rigid!

Or you could even place a plank of wood onto their chest and a heavy anvil onto this, which can then be hit repeatedly in time to the music by you and another volunteer, proving beyond doubt by way of your "Anvil Chorus" that the spectator is Hypnotised and is indeed as stiff as an Iron Bar.

My Hypnotic tutor Delavar, even went to the extremes once, by having an Elephant place its front feet onto the volunteers chest whilst they were supported across the backs of two chairs!

I'm sure you can see what I meant now, when I stated that this is by far the most impressive demonstration of apparent Hypnosis that you could ever present and yet it uses no actual Hypnosis whatsoever!

EXPLANATION

A fairly tall volunteer is used as visually this looks more impressive when they are placed onto the backs of the chairs, however other than this, the only other important point is that the volunteer whether male or female must be wearing trousers of some kind.

It would also be wise to ask for a volunteer who does not suffer from back problems or have any other potentially serious health problem, this both makes the demonstration look even more dangerous in the audiences eyes, but also it ensures that you end up with a fairly fit and healthy volunteer.

Firstly I ask the volunteer to lie down on the stage so they are laid down outstretched on their back.

I then position the two chairs in front of the laid down volunteer so that the back of one chair comes in line with the area just above their ankles and the other is in line with the area just below the shoulder blades.

Incidentally the chairs are positioned so that the backs of them are facing inwards towards each other and the seats are pointing outwards, so that someone can still place their body weight on the chairs in order to stop them falling over.

Two volunteers are now positioned one in front of each chair so that they can stand with one foot on the stage and one foot on the chair seat so that their body weight stops the chairs from falling over.

The volunteer is then asked to stand up and asked to close his eyes as you say:

"Just close your eyes NOW and just so long as you keep your eyes tightly closed at all times, then you will find that you feel no discomfort whatsoever and that in a few moments time you will have become the world's strongest man!"

At this point I let the theme from Superman start playing as it hypes the audience and on stage volunteers up even more as I tell the volunteer off

mike (so that the audience cannot hear) that they should put their hands down by their sides and grab tight hold of their trousers on the area just below their bum and keep a tight hold of this area on both sides at all times, then on the microphone so I can be heard I say:

"That's it Sir, Feet together, Hands down by your sides and just so long as you keep firmly in this position at all times, then from this moment forward keeping your eyes tightly closed at all times you will realise that each and every muscle in your body from the tips of your toes to the tips of your fingers is becoming stiff rigid, locked, glued, welded and cemented in place so that its almost as if your entire body is now like a solid Iron Bar!"

"Because you now realise that you are Superman himself, the worlds strongest man and from this moment forward just so long as you keep tight hold at all times and just so long as your eyes remain tightly closed, then you will feel no discomfort whatsoever as you are the world's strongest man!"

"OK 3,2,1 and just let yourself fall gently backwards into my arms as you remain stiff rigid, holding tight at all times, eyes remaining closed at all times, you are the worlds strongest man!"

As this last sentence is spoken, I stand behind the person and gently pull them backwards towards me so that I can then place my arms so that they go, one under each of the volunteers armpits, enabling me to lift them up easily from that end, whilst I instruct another of the onstage volunteers to lift the person up by their ankles and help me position them on the backs of the chairs.

This part of the operation should prove fairly simple as you have already positioned the chairs correctly in advance, so it should prove simple to balance the volunteer on the two chair backs, so that at one end they are supported just under the shoulder blade area and at the other end they are supported just above their ankles.

From an audience point of view this looks very much like the person is supported by their neck and ankles, and although this is not actually the case, it is how 99% of your audience members will recall things after the event!

Once the volunteer is in this position I simply say:

"Ladies and Gentlemen the world's strongest man!" and then I pause as this acts as an applause cue which gets the audience clapping.

The moment they do stop clapping, I tap the volunteer on the underside of his back, in effect pushing his body upwards as I say:

"Stiff, stiffer, stiffer still, just like an Iron Bar, just so long as you keep tight hold and keep your eyes tightly closed at all times!"

I then sit down on the volunteer, so that I am sat with my bum on their upper leg area as close to their groin as possible as this allows for even weight distribution to occur, and as I lift my feet off the ground, I stretch my arms out and say loudly:

"Ladies and Gentlemen The Power of the Mind!"

This usually acts as a cue for the audience to applaud and the moment they stop clapping I get off the volunteer and move behind them so that I can now stand onto another chair and then stand on top of the volunteers body.

I position myself so that when I stand on them, my right foot goes onto the area just above the volunteers Knees and my left foot is placed onto their chest (not their stomach) so that my weight is evenly distributed across them.

At this point I extend my arms and say:

"Ladies and Gentlemen (pause) HYPNOSIS!"

And again this acts as another applause cue, and because this for some reason is perceived as being more impressive than sitting on them, it will draw even more applause.

I then get off them and with the help of the other onstage volunteer, I get hold of the top area of their body, whilst the other person gets their ankle area and I say:

"On the count of three lets lift him up off the chairs and lay him gently on the floor, 1,2, and on 3 just lift!"

Once the volunteer has been laid down on the floor I quickly say:

"Eyes remaining tightly closed at all times until I say otherwise!"

I then say thanks you to all the other onstage volunteers and send them back to the audience to a round of applause and then there is just me and the Superman volunteer left on stage!

At this point I go up to them place my hand on their shoulder and say:

"I'm only talking to you if I am touching you on the shoulder, in a few moments time when I count to three, then and only then, your eyes will open, normal feelings will return to all areas of your body and you will return to your normal self in every way!"

"So on 1, everything I have suggested to you tonight completely cancelled out in every way, and on two normal feelings returning to every muscle and every area of your body and on 3, wakey, wakey, rise and shine!"

At this point I help the volunteer to stand up and get them to take a bow before returning to the audience to a huge round of applause!

THE SECRET

Quite simply standing feet together, hands by your side, grab tight hold of your trousers at the area just below your bum and then have someone

position you across the backs of two chairs as I detailed earlier and you will discover the secret for yourself.

You see once across the chairs, your head tips back over one chair and your feet hang over the other, which both make the centre of your body arch upwards like a cantilever bridge.

Add to this the effect of grabbing tight hold to the area of your trousers just below your bum and this makes your body arch up even more!

Then just so long as you position yourself where I have instructed when sitting or standing on the person, your weight will be distributed across their body and down the backs of the chairs, in exactly the same way as weight is absorbed by a cantilever bridge, all the patter etc is just pure presentation and is what makes the audience perceive this demonstration as genuine Hypnosis, when in truth it is just a clever scientific trick!

A square plank of wood could also be placed around the area that you would sit and onto this can be placed an Anvil as detailed earlier.

The secret of this being, that the Anvil would be made especially for this stunt so that it was no heavier than an average person (8 stone) as then the effect on the volunteer regards to weight is only the same as someone sitting on them.

If you and your assistant both take a metal hammer and take it in turns to swing these down onto the Anvil, it looks very impressive, and if done in time to the music does indeed become a sort of "Anvil Chorus" but the blows are softer than they appear to be and are absorbed by the "Cantilever Bridge effect!"

The concrete block stunt is how the audience perceives it, however the slab is really a brittle and easily broken sandstone or such like, which with a few gentle taps from a sledgehammer will shatter into bits and fall to the floor off the volunteers chest.

And whilst we don't advise it, you could duplicate Delavar's Elephant stunt by enlisting the help of a good Elephant trainer and some specially made chairs.

The chairs would be made of metal so as to be sturdier, but most important of all they would be made at a height, which matched the height that is necessary for the secret of the Elephant stunt to work.

The secret being, that when an Elephant stands on its two back legs, that is where 99% of its body weight is balanced, so when the Elephant apparently rests its front legs on the volunteers body, in actual fact all of its weight is on its back feet and it just looks as if its front feet are resting on the persons chest as the chairs have been made at the correct height for this to be possible!

Just like all of the other routines and stunts in this manual, we take no responsibility whatsoever for anyone trying out what we reveal herein, as we are detailing these secrets for educational and information purposes only, you have been warned!

THE BLOWTORCH STUNT

EFFECT

A male volunteer from the audience is asked to remove his shirt, he then stands upright with his feet slightly apart so that he is firm and steady and then you pass your hand over his face, he closes his eyes and apparently goes into a trance!

You then lift up his right arm and leave it rigid stuck out at the side of him and then do the same with his left arm so that he looks like a human letter T.

A few Hypnotic suggestions are given to him and then you produce a blowtorch and light the flame, which brings gasps from the audience.

To everyone's amazement you then run the large flame of the burning blowtorch over the arms and chest of the Hypnotised volunteer and they feel no pain whatsoever!

They can then be awoken from Trance and take their applause!

EXPLANATION

The truth is that the burning blue flame of a blowtorch would cause instant skin damage and severe burns, however the yellow flame of a blowtorch, will cause no damage if run over the body at an even steady pace so that it does not remain in one spot too long.

Take a lighter and run the yellow part of the flame steadily and evenly over your hand and you will see what I mean.

The blowtorch is therefore gimmicked, so that the airholes are permanently blocked up and so that it can only ever burn with a Yellow flame, which is relatively safe if run over the body in an even steady manner, just like the lighter is run over your own hand!

However to an audience it looks very impressive indeed, the only thing to be careful of is if the volunteer is very hairy, as the flame WILL burn the hairs off their body and if this starts to happen you will have to rub the area you have just been over with the blowtorch with a wet cloth quickly so that it puts out their burning hair before it gets to hot!

I suggest that you experiment on yourself first if you ever intend to use this demonstration and then you will know exactly what I mean.

The rest is just pure presentation to make it look like the person has been hypnotised to feel no pain and suggested patter is as follows:

"Well thank you very much indeed for volunteering Sir, in a few moments time we shall turn you into the world's strongest man!"

You then run your hand over the volunteers eyes as you say:

"And now just close your eyes and just so long as you close your eyes and keep them closed whenever I tell you to, then and only then this will prove to be 100% successful and will cause you no discomfort whatsoever!"

The volunteer because of the way this is worded will close their eyes and the audience perceives this as though you have placed them into some kind of Instant Trance.

Then off microphone (so audience don't hear) you say to the volunteer, "Be a good Sport mate, do as I say and we'll make you a Star!"

Then you say on microphone (so audience can hear) as you place your hand on the person's shoulder,

"Keeping your eyes tightly closed at all times unless I say otherwise, in a few moments time when the music begins to play, then and only them you will open your eyes and have an overwhelming desire to remove your shirt as if you were one of the world's greatest male strippers, however the moment you have taken your shirt off you will stop and wonder what the hell you have been doing and the moment I say sleep you will instantly close your eyes again and keep them closed unless I say otherwise!"

You then turn to the audience and say:

"Ladies and Gentlemen, Please welcome, better than the Chippendales, better than Adonis, it's the Wimpendale!"

At this moment the music begins to play such as I'm Too Sexy by Right Said Fred and the volunteer will open his eyes and take his shirt off, which by the audience is perceived that you have turned him into a stripper by Hypnosis!

Then the moment he has taken his shirt off, the music stops and you once again run your hand over his eyes as you say:

"That's brilliant and just close your eyes once again, relax and keep your eyes tightly closed at all times unless I say otherwise!"

Then you lift up his right arm and extend it out at the side of him as you say:

"Just allowing your right arm to remain stiff rigid out stretched at the side of you as you imagine now it's a solid Iron Bar!"

This tells the volunteer to keep his arm there in that position, but is perceived by the audience as if he has no choice but to do it as if he is reacting to a Hypnotic suggestion.

The same thing is then done for his left arm as you say:

"Just allowing your left arm to remain stiff rigid out stretched at the side of you as you imagine now it's a solid Iron Bar!"

and then you say:

"Just so long as you keep your arms in this position, and just so long as you keep your eyes tightly closed at all times then you will feel no discomfort whatsoever!"

Then you light the blow torch and run it over his arms and chest in the manner explained before, you continue doing this for around a minute and then turn the blow torch off, face the audience and say:

"Ladies and Gentlemen Mind Over Matter!"

This acts as an applause cue, and as the audience applauds, you tap the volunteer on the shoulder as you say:

"OK now wakey, wakey, ***OPEN YOUR EYES***!"

This concrete's the idea that he was in some kind of Trance to start with!

You then simply give the man his shirt back and send him back to the audience to a huge round of applause as you say:

"Ladies and Gentlemen please give our wonderful brave volunteer a huge round of applause as he returns to his seat in the audience!"

THE HUMAN PINCUSHION EXPERIMENT

EFFECT

A volunteer is placed into an Instant trance and then two Hypodermic Needles are removed from their packages and one is pushed through the back of the volunteers hand, whilst the other is pushed through their arm.

The needles are then removed and the volunteer feels no discomfort whatsoever as they are awoken from trance!

EXPLANATION

Quite simply you get someone from the audience who is not scared of needles.

The secret is that the fleshy skin on the back of his hand is pinched by your fingertips of one hand (which he will feel) and then you say:

"Notice now that the area I have just pinched is turning numb and you feel no discomfort whatsoever!"

As you say this the first needle is pushed through this fleshy skin area of the back of their hand just at the point where you have been pinching.

The truth is that the needle being pushed through this fleshy bit of skin is felt far less than the sensation of you pinching the loose, fleshy area of skin in the first place, which is the same area that the needle is pushed through.

Once the needle is through you can let go of the fleshy area and the needle will visually appear to be stuck through more of their hand than actually is.

When you come to remove the needle, you pinch the skin up again between your fingertips and in this position pull the needle out in a steady motion.

The same thing can be done with the fleshy skin area of arm, near the point on the inside of your arm where your elbow bend is and of course this is done in the same way.

The most painful thing the volunteer actually feels is you pinching their skin before the needle is inserted or removed and as they are warned that you are about to pinch their skin this does not bother them.

As their eyes are closed the needle going in and out does not alarm them, and as the needles are sterilised (new ones for each demonstration) there is no health risk involved.

As with many of the secrets revealed in this manual we take no responsibility for your actions but would advise that you try these secrets out on yourself (with a friends help) before ever attempting at your own risk in public.

The perception of the audience is that you have placed them into an Instant Trance (you just ask them to close their eyes as in the blowtorch stunt) and then that you have via Hypnosis anaesthetised their body so that they do not feel the needles going through their body.

The truth is that the needles hurt far less (especially as they are Hypodermic) than the action of you pinching and pulling on their loose skin areas in the first place!

THE ANIMATED ARM EXPERIMENT

EFFECT

A volunteer is chosen at random from the audience and joins you on the stage where they are seated next to you behind a table in full view of the audience.

A second volunteer is also chosen from the audience and seated at the table as a close up independent witness to the proceedings.

The first volunteer is then apparently placed into an instant trance state and their hand is apparently glued to the table by "Hypnotic" suggestion.

In this state with their eyes closed, you seem to control their mind in some way, because as you point at their hand and lift your own arm into the air, at the same time their arm rises into the air in a most uncanny manner!

You then pause for a short while in this position and when you then start to move your arm downwards without saying a word, so the volunteer also moves their hand back down to the point where it is once again glued to the table.

The second volunteer is then asked to point their finger at the first volunteers hand and told to say nothing but do the same as you just did when and only when they decide to.

Sure enough despite volunteer number one having his eyes closed, when volunteer two decides to lift his arm into the air, volunteer number one does the same at exactly the same time.

And when volunteer two decides to lower his arm again, amazingly so does volunteer one, even though they cannot possibly see what is going on and nothing has been said to alert them to what is happening.

The first volunteer is then awoken from trance and both people are sent back to the audience to a huge round of applause!

SPECIAL NOTES

The effect of this routine looks the same as the one performed by Top British Mentalist Derren Brown during his Live Shows and also on one of his "Mind Control" TV Specials, however I have decided to include my performance method herein as mine uses absolutely no Hypnotic Trance

and indeed the Linguistic wording is different in order to achieve apparently the same effect, without the volunteer needing to be placed into any form of actual Hypnotic Trance.

Should you be able to find a copy for sale on e-bay, then I'd recommend that you purchase at any price a copy of Derren's Excellent book "Pure Effect", but please note it is only the original self-published spiral bound version which contains his own handling and method for the routine which he has entitled "Lift" and as this edition is very rare, it is very hard to find to say the least, however the time and expense will prove well worth your while, as will obtaining any of Derren's other excellent works from his site of www.derrenbrown.co.uk

EXPLANATION

This demonstration must either be performed seated at a table which has a tablecloth draped over it, which reaches to the floor so that nobody can see either yours or volunteer number ones feet, or it can be performed whilst stood up at a bar in a pub, just so long as the Landlord will allow you to go to the staff side of the bar so that once again the viewing public are unable to see either your or volunteer number one's feet!

If the audience could see your feet, this could give the secret of it all away as you will be directing the volunteer on exactly when to lift their arm up or put it back down on the table by pressing down on their foot with your foot to signal that they should lower their arm and by releasing the pressure on their foot to signal that they should lift their arm up into the air.

To apparently place the first volunteer into a trance I simply take hold of their right hand and place it over their face as I say:

"As I move your hands towards you, just let your eyes close, that's it just close your eyes and relax, just so long as you keep your eyes tightly closed at all times then this experiment will have a very good chance of working"

I then remove their hand from their face and lower it to the table as I say:

"And as I lower your arm down and place your hand flat on the table, so you keep your eyes tightly closed at all times and allow yourself to relax completely"

"Don't say a word at any time, just let your eyes remain closed, allow yourself to relax and listen to every suggestion that I give you!"

"Noticing now that pressure ***(as you say this your foot presses down on their foot under the table and remains there, whilst on top of the table you are apparently pressing their hand firmly to the tabletop)*** as your hand glues itself to the table top and remains there at all times whilst you can still feel this pressure ***(as you say "this pressure" your foot presses down firmly on theirs to signal to them in a non-verbal manner that it's the pressure on their foot that you are on about!)*** Its almost as though your hand is locked, glued, welded and cemented to the table top at all times whilst you can feel this pressure ***(again as you say "this pressure" above the table you are apparently pushing down on their hand to reinforce things, but under the table you are pressing down firmly on their foot again to reinforce the fact that you mean the pressure on their foot!")*** and whilst you can feel this pressure ***(repeat the foot pressure again under table as you appear to press on hand)*** your hand will remain glued to the tabletop at all times, however when and only when you feel this pressure ***(repeat the foot pressure as you appear to press on their hand)*** disappear, then and only then you will allow your hand to rise up into the air, keeping your eyes tightly closed at all times! Just nod your head if you understand ***(when they nod you know they have understood the foot cues)*** However you will also notice that whenever this pressure reappears ***(again do foot signal as appear to press on their hand)*** that then and only then you will allow your hand to lower down back to the table until it is glued back to the table top! Just nod your head if you understand! ***(Again when they nod you know they have understood the meaning of the foot cues!)*** As I now remove my hand from yours, that pressure ***(do foot signal)*** remains there and so your hand remains glued to the table top until that pressure ***(foot signal again)*** disappears!

At this point volunteer one is sat their with their eyes closed as if they have been placed into a trance and they should now be at a point that

they realise that whilst your foot is firmly pressing on theirs (as it is at this time) they must keep their hand on the tabletop, however when you remove your foot from theirs so that the pressure is released they must them lift their arm up into the air.

You should be able to work the rest out now from the description I gave you of how things look to the audience, in essence when you point at their hand and lift your arm up, this is the same time as you release the pressure on their foot so that the volunteer lifts up their arm which looks very spooky indeed.

Then when you lower your arm is the same time as you replace your foot onto their foot and press down which signals them to also lower their arm and hand down back to the tabletop.

When volunteer two points at Volunteer one and apparently takes control of them the secret is exactly the same, the moment you see volunteer two move their arm upwards you release the pressure from number ones foot, and the moment you see them move their arm back down you replace the pressure so that volunteer one places their hand back down to the table.

I am sure you now understand why the audience must not be able to see either your foot or volunteer number ones foot at any time, hence the reason for the draped table or standing behind a bar as detailed earlier.

You then simply place your hand on the apparently Hypnotised volunteers shoulder and say:

"When I click my fingers you will then open your eyes, you'll feel your normal self in every way and you will forget to remember and remember to forget everything that has just happened!"

You then simply click your fingers and apparently awaken the subject before sending them both back to the audience as you say something such as:

"Thank you Sir, you've been a wonderful volunteer and enabled us to witness the true power of the mind, you are a very special person indeed and as such an experience is such a special and person one, I trust that you will keep the inner personal details of your experience to yourself!"

This seems innocent enough to the audience, however it's a nice way of telling the volunteer not to tell anyone what has really gone on and by praising their ego in this manner, they will keep things to themselves.

One other important point is to pick two people who don't know each other and who are seated in different areas of the room as that way they are less likely to talk to each other afterwards.

Even if they do though, as volunteer one had his eyes closed all the time, he will have been very disorientated and will not really have a clue what has gone on as his version of events is a totally different one than from an audience perspective.

This is what we in the business call the "Dual Reality" principle!

Try this out as I have stated and I am sure you will find that this gets amazing reactions from your audience and that they find it very spooky indeed!

HYPNO-TRICKS FROM MY OTHER WORKS

"The Professional Art of Stage-Hypnosis & Hypnotherapy!"

First we will start with the "Suggestibility" tests which are all explained in the course of the above name which is available from www.hypnotorious.com and as you read the explanations which follow, you should realise what a big trick these all really are:

LEMON TEST

You think about sucking on a bitter, horrible sour Lemon and keep imagining this clearly in your minds eye and you will start to Salivate (get

a wet mouth), there is nothing strange about this it is a completely normal bodily reaction, however presented as taught, when the people realise that their mouth has started to get wet they come to believe that it is because of your powers of suggestion and skills as a hypnotist!

WARM HANDS TEST

Rub your hands together rapidly back and forth for several seconds and they will naturally get warmer and feel hot, again it's the way that its presented that makes the people come to believe that your suggestions must be working on them as they discover that their hands are getting warmer as suggested.

FINGERS CLOSER TOGETHER TEST

Place your hands in the position I state and outstretch your fingers in the manner as instructed and then just relax. In a matter of a few seconds your fingertips will naturally start to move towards each other until they are touching. Once again its nothing strange its something that naturally happens when the hands are held in this position but we present it in such a manner that it makes the audience believe that our suggestions are having an effect on them!

LIGHT & HEAVY HANDS TEST

Place both your arms out in front of you as it states and close your eyes and then just relax for a minute. After a minute open your eyes and surprise suprise there will be a gap between your arms! The people believe this to be due to your suggestions of a pile of heavy books on one hand and a balloon tied to the middle finger of the other, in fact its perfectly normal and happens all the time as when your eyes are closed its almost impossible to tell if your arms are still in line with each other and as a result they naturally end up drifting apart.

LOCKED HANDS TEST

Place your hands together, fingers interlocked, palms pressed tightly together and fingers pressed against the back of your hands as instructed and keep them in this position for a few minutes. Now try and separate your hands, its appears more difficult than normal dose it not? That's because your knuckles are bigger than each other and as such do not easily slip apart. Some audience members will feel their knuckles knock against each other, take this as a sign their hands are locked together and then stop trying, as such keeping their hands together and identifying themselves as easy people to con further!

GAURANTEED LOCKED HANDS TEST

Exactly as its name suggests this is guaranteed to work, just so long as people put their hands in the position as stated it then becomes psychically impossible to separate your hands whilst they are kept in this position.

EYES LOCKED TOGETHER TEST

Just so long as you close your eyes and then with your eyeballs stare upward through an imaginary hole in the centre of your forehead this will work! The fact is that whilst your eyeballs are in the upwards position focused on the imaginary hole in your forehead it becomes psychically impossible to open your eyes.

WITH ALL SUGGESTIBILITY TESTS

Just as with these examples, all suggestibility tests are built around things, which naturally would happen anyway or are highly likely to happen anyway.

As a Hypnotist we just present these things in such a manner that the audience never get the chance to realise that the same end result would definitely occur or most likely occur without us making any so called suggestions at all!

The law of reversed effort which is a sound proven psychological technique compounds this further and used in the way it is with suggestibility tests makes it even more likely that the desired end result is achieved.

When these things happen to the audience members they instantly believe that they have occurred because of your suggestions to them and therefore this concrete's their false belief that you are some kind of magical, mysterious and powerful hypnotist and as a result they come to believe that you could hypnotise them!

When they believe in this manner that you could hypnotise them then if they volunteer to take part they will expect to be hypnotised and expect whatever you do to work.

On top of all this the suggestions that you actually make when presenting these tests in the manner explained do compound the success of these tests.

This is nothing Hypnotic or strange, but rather is just due to the effect suggestions have on some people which is why these tests work better on some people than others.

To illustrate the **NATURAL** power of suggestion think back to the Lemon Test earlier and imagine that bitter, sour, horrible lemon again, bet your mouth has started to get wetter hasn't it?

Now imagine that you have Ants in your pants, Fleas on your Knees and Nits in your hair. In fact your whole body from head to toe is covered in horrible bed bugs and dust mites, you can feel the little horrible insects biting you as you get itchier and itchier with each second that passes by. I bet you have had to scratch yourself at least once whilst reading this haven't you?

WELL THAT'S THE POWER OF SUGGESTION

SUGGESTION CORRECTLY EXPRESSED IS HYPNOSIS

THIS IS BECAUSE HYPNOSIS DOES NOT EXIST!

It is exactly the same with the hypnotic induction's, we use things which we know will happen every time and then tie our suggestions in to make it appear to the volunteers that these things only happened to them because we suggested that they would.

The volunteers then experience these things (which naturally occur) and as we "suggested" earlier that this would occur come to believe that they must have reacted to our suggestions when in truth these things would have happened anyway.

Therefore convinced that these things happened because we suggested they would the volunteers become even more convinced that they are reacting to what we suggest and therefore **BELIEVE & EXPECT** to continue responding to the things we suggest, in otherwords they have started to hypnotise themselves (convince themselves) into an apparent trance (state of psychological self-belief) state.

As things continue this psychological state of **BELIEF & EXPECTANCY** continues to grow greater and when this is combined with the Sheep Effect, Peer Group Pressure and all the other Psychological things which come into play as explained in Chapter One entitled "Back to Front" in the genuine Hypnotism course it becomes even more obvious why the people behave as they do and why they later claim to have been hypnotised when in truth they have just been playing along with out even realising this is what they have been doing.

It is much easier for them to play along in front of the crowd than to leave the stage and look like they do not have good enough powers of Intelligence, Imagination and Concentration to be a good "Hypnotic" subject.

Yes a large element of the success of a hypnotic show is the fact that those people who apparently become hypnotised are given all the praise and made out to be the Intelligent, Imaginative and Brainy ones, whilst the

ones who do not go under are sent back and made to look (and feel) like idiots in the process.

When they hear someone sent back to the audience being made an idiot of (or at least that's how they perceive it) and realise that rather than being treated as idiots those people on stage are being given praise from the Hypnotist and applause from the audience they are now far more likely to remain on stage.

In short what I an saying is some people come on stage and play along purposely because they want to be a star for the night, others come on stage don't enter any trance but realise it is easier and better for them to play along and some genuinely come to believe that they have entered some kind of hypnotic state and that as they have been reacting to all your suggestions so far that they are powerless to do anything other than continue reacting to your suggestions.

In most all cases these people will claim to have been in a genuine state of hypnosis when they return to the audience as "Being Hypnotised" seems the perfect excuse (cover story) for why they were so willingly doing such stupid things on stage.

A rare few will say they were not hypnotised, but then when the audience start taunting them about how stupid they looked will pretend to not remember having done those things and as such admit (falsely) that they must have been hypnotised as this then takes the heat (and blame) off them.

I will now explain the truth behind one of the Induction methods taught in the so-called genuine hypnotism course section of this CD-ROM, then I will expand further on the Psychology which makes these so called Induction methods work so well:

FALLING BACKWARDS: The way they are stood means that they are off balance. The way your foot is against their ankles means that you can tip them over easily. Drawing your fingertip back from near their nose, across their forehead and then off their head acts as a non-verbal suggestion

to move backwards. Tapping them on the back disorientates them and knocks them off balance. Breathing as you tell them to do hyperventilates them slightly and makes them feel dizzy which knocks them off balance even more. In short everything that happens is NATURAL! However the way they perceive it makes them convinced that they are being placed into some form of trance.

WHY DO INDUCTIONS ON STAGE WORK SO WELL?

In each and every case the short answer to this question is that every Induction method used on Stage is designed so that it contains many things which will happen to the volunteers NATURALLY!

In otherwords these things will happen each and every time whether or not the person has a belief in Hypnosis.

However because of the manner in which the Induction's are presented to the Volunteers, they never get a chance to analyse what is going on and as such when these natural things occur the people believe that they have occurred because a few seconds earlier you verbally suggested that they would.

This means that they come to the Conditioned Belief that when you suggest that something is going to happen to them, that it then does happen to them!

IN otherwords these NATURAL OCCURENCES are presented in such a manner that the volunteers perceive them as being unnatural and therefore can only explain these things to themselves as the effects of becoming what they perceive to be genuinely Hypnotised!

The easiest way I can prove this to you is to suggest that you get a close friend to learn all the Induction Methods mentioned elsewhere on this CD-ROM.

Next practise each of the methods on them and afterwards get them to carry out each of the methods on you.

Now go into separate rooms and write down what each of you felt, I bet that when you compare notes your answers are very similar.

Furthermore I now bet that when you then sit down and examine the mechanics of each Induction method in conjunction with your answers that the reasons for you feeling the things you did will become evident.

In otherwords the reason why you felt things you, at the time thought were unnatural (due to Hypnosis) is because in truth they are 100% Natural and that is why the Induction Methods have been designed in that way.

I know this to be true as when I conduct my personal one to one training course, the reason I can teach someone to become a confident Hypnotist in one day is because I demonstrate everything on them.

Then I get them to practise everything on me. Only when you have a full understanding of what each Induction feels like as the Hypnotist and as the subject will you ever become a good Stage Hypnotist.

For full details of my personal one to one training course contact me on hypno@hypnotorious.com

KENTONISM by KENTON KNEPPER

It would be worth mentioning at this point that there is an excellent publication available entitled "Kentonism" which is written by an excellent American performer by the name of Kenton Knepper.

The manual teaches many new and unique ways to apparently achieve many things such as:

*Have a spectator slip into an altered state – just by looking at your business card.

*Cause a spectator to choose thoughts and objects based on subliminal suggestions.

*Perform a full "Hypnosis" type act, without having to learn or ever do genuine Hypnosis and without using stooges!

*Write thoughts down on a pad of paper, then stand back, and watch as audience members are compelled to do these things.

All this and much more is explained in Kenton's excellent work which is available directly from the author by visiting his Internet site of: www.wonderwizards.com

I also highly recommend Kenton's excellent work "Wonder Words" which teaches amazing new uses for the Dual Reality Principle and loads of techniques which with a little thought, can quite easily be used to produce apparently "Hypnotic" effects and routines, without the need to actually ever Hypnotise anyone!

A great example of Kenton's thinking is this phrase taken from his excellent work "Wonder Words" which can be used before sending volunteers back to the audience to ensure that they don't tell the audience or their friends the truth of what has really gone on whilst they were on the stage.

As this phrase, when used means we can be sure that the people will not tell anyone what has gone on, otherwise they will make themselves look stupid due to the clever wording and psychology of this phrase, it means we could quite literally get people up on stage, ask them off microphone (so audience don't hear) to play along and be good sports and then have them appear to be Hypnotised and react to our comical suggestions, when in truth they are just playing along.

An example of what I mean is reproduced here from Kenton's excellent and highly recommended work "Kentonism", this small section is reproduced for review purposes only as is allowed under "The Copyright, Designs & Patents Act 1988" and should you wish to learn more you are advised to purchase this manual from the author via his site of www.wonderwizards.com

"Of course Ladies & Gentlemen, these fine people are not idiots or morons who just play along and do what I tell them! No these people are not stupid!"

"Indeed our friends are not just Lemmings mindlessly following each other off a cliff, not at all"

"You see they felt compelled to follow my suggestions at a deep subconscious level. They could not help themselves. They were secretly driven to do as I suggested they would do!"

"They would say that they just wanted to do as I suggested. But because of their increased intelligence they were able to do as I desired"

"These fine people, who have great amounts of will power in every day life, became compelled at an unusual level to provide for us this evening entertainment!"

"So Ladies and Gentlemen please give them a huge round of applause as they go back to their seats as these people truly have been the stars of this evenings show!"

Now do you really think anyone would believe them even if they did say they were just playing along after you have made such a speech?

Exactly – no they wouldn't and that's the beauty of Kenton's manuals they are all full of mind-blowing material which I highly recommend you get your hands on by visiting www.wonderwizards.com

Incidentally I understand that Mind Control performer "Derren Brown" uses a lot of the Wonder Words techniques in his work.

THE DUAL REALITY INDUCTION METHOD

There is also an excellent manuscript available on the market from a British Stage-Hypnotist and Mentalist called Eddie Burke, which I would advise you to purchase.

Entitled "Secrets of Professional Stage & Cabaret Hypnotism", this manuscript is worth every penny of the £35-00 it costs for the use of the Dual Reality principle it details alone!

The manuscript can be ordered from Eddies Internet site of www.mreenterprises.co.uk and you can find a link to their site from the highly useful site of www.magicweek.co.uk

I recommend this work as it teaches a way of having people apparently react to comical suggestions such as playing a Piano, milking a cow and numerous other things and yet you never actually need to genuinely Hypnotise the people!

THE EYE TEST

A wine bottle with a loose fitting cork is placed onto the table, you apparently place a man into trance and awaken him believing that he is drunk, he is told to place his left hand over his left eye and then to extend his right arm in front of him. You count to 3 and tell him to try and push the cork down into the top of the bottle using only one finger and the more he tries the more he keeps missing as he is of course Hypnotically drunk!

The secret of this is that most all people will find it impossible to hit the cork with their extended forefinger when one eye is closed. But when presented like this the audience perceives it as if you have made the person drunk by Hypnosis.

In order to be able to actually do this yourself to show it can be done when you are soba, you must aim for a spot a couple of inches to one side of the cork, give it a try and you will soon see what I mean!

STRONG WOMAN TEST - A

You get a woman to stand and face the audience, get her to raise her two arms straight out to the sides, then ask her to bend her elbows and touch the fingertips of her hands together. In this position you can now get two

men, they each grab hold of one of the ladies forearms and try as they might they will be unable to pull the woman's hands apart! This can easily be demonstrated as turning her into the world's strongest women or perhaps as turning the two men into the worlds weakest men!

STRONG WOMAN TEST – B

Ask a women to place her hand flat on the top of her head (palm downwards) and to push her palm/hand onto the top of her head with all her might. A man is then told to try and remove her hand from her head by taking hold of her forearm! Again this is practically impossible and can be presented as if the result of Hypnosis!

STRONG WOMAN TEST – C

Get a woman to place her hand under her arm, back of the hand under her armpit and in this position it is also practically impossible for anyone to remove her hand from under her armpit by pulling on her forearm!

DRUNK TEST

Get someone to hold both their hands out in front of them, hand wide apart and ask them to extend both their forefingers. Tell them on the count of three you want them to quickly bring their hand together and push the tips of their fore fingers together. Count to 3 and they will try with no success, however you can do it as you are not "drunk" which is of course what you have apparently suggested to them!

You ca do it because you demonstrate doing it slowly, but when the volunteer tries to put their forefingers together, they will experience great difficulty as they have been asked to do it quickly and due to the fact they are attempting to perform a none too easy action under circumstances that the average person will find unnerving.

HYPNOTIC PULSE STOPPING

A great demonstration for a Pseudo-Hypnotic Act is to apparently stop your own Pulses by the power of self-Hypnosis!

With volunteers holding each of your wrists, so that they can feel your Pulses, first one stops and then the other, then one comes back and then the other in a most spooky manner as you Hypnotise yourself!

The secret is that a small rubber ball is held under each of your armpits, this can be held in position with a strap so that it can remain there throughout the show.

Slight pressure on the rubber ball under your armpit will cause that pulse to stop, therefore done in turn you can make one pulse and then the other stop and then bring them back one by one apparently as a demonstration of self-hypnosis.

The audience member's confirming that your pulses have stopped and then started again!

THE WEAKNESS TEST

Ask a man to clench both his hands into fists and then to place one fist on top of the other. The idea is for him to push them both together (one down on top of the other fist) to stop anyone pushing them apart.
You then apparently make him weak with hypnotic Suggestion and using only the tips of each of your forefingers, you easily push his fists apart! This is simply achieved by snapping one finger of either hand against the back of each of the mans two fists as this will separate them every time!

SUPERHUMAN STRENGTH TEST

Take a female and have her stand upright with both her arms outstretched and then place both her palms flat against a wall. Once in this position have a man stand behind her and place his left arm flat on her left shoulder, try as he might and push as hard as he can, he will be unable to push her against the wall. This looks particularly impressive when you line up a row of say 8 men behind the women all of whom place their left hand flat on the persons left shoulder in front of them. Even with a row of eight people in this position pushing on each other against the woman, they will be unable to push her against the wall. You can present this as

either the woman becoming super strong or all of the men becoming weak!

HYPNO-HEAT

In this stunt you apparently remove the foil wrapper from some chewing gum, dampen it against the side of a glass and stick it to someone's forehead as you suggest to them that they are Hypnotised and as such the foil will get red hot, so burning hot that they will have no choice but to remove it from their head and sure enough in the matter of a few seconds this happens to everyone's amusement!

You will need two packs of gum, one cinnamon (use Big Red from Wrigley's) and the other a different flavour of the same make and size!

Open the Big Red gun (Cinnamon) and remove a stick, take the other flavour and wrap one of those sticks up in the foil removed from one of the Big Red (Cinnamon) sticks and then place it into the sleeve of the non Cinnamon flavour packet so that it looks like it is just one of them!

The secret is quite simply that the Cinnamon flavour from the wrapper cause the skin to get hot when it gets wet!

So when you are ready to perform this, remove the gum and offer it to a friend to eat who will for example confirm it tastes like normal mint gum (which indeed it is).

Take the empty wrapper and wet the inside of the aluminium foil on the side, which has the Cinnamon coating (not the shiny side).

The easiest way to do this is rub it on the side of a beer glass, which is damp or has condensation on it.

Then just stick the foil on the volunteers head and from here on its all just acting as in about 40 seconds time their head will feel so hot that they will have to rip the foil off as you are suggesting they will do!

CAN'T WALK STUNT

Tell someone to stand by a wall with their right side facing it and to place their right foot against the wall, with their left foot about 6 to 8 inches away from their right!

You now apparently hypnotise them and tell them all strength has vanished from their legs!

To prove this, the subject is asked to raise his left foot without changing the position of his right foot and indeed he can't!

Then apparently awaken him from trance and ask him to step forward with his left foot, he will then be able to walk back to the audience as normal!

STUCK IN CHAIR

Place someone into a chair, have him or her lean well back, place the tip of your forefinger onto the person's forehead and then tell them to try and stand up. They will be unable to do this, especially if their legs are outstretched in front of them as they sit leaning back in the chair!

GIRL THAT CANNOT BE LIFTED

One minute a man can lift up your skinny female assistant and the next he becomes so weak under Hypnosis that he cannot possibly move her!

The secret is to use a skinny assistant, the girl stands sideways to the audience, her arms tight against her body so they are bent up at the elbows.

Now a man steps behind her and has to lean down to take hold of her elbows to lift her by them, this he does and manages to lift her up and then put her back down.

When you want the man to look weak, your assistant who is working with you and is in on the trick, pushes or sways her body backwards just a bit.

This unknown to the man trying to lift her or the audience, throws him off balance slightly so that he does not have his full lifting power and can no longer lift her.

CAN'T BE LIFTED – VERSION B

Get a big strong man to lift you the performer up by the waist, once he has done this get him to hold you in the same position again, but he is to stare you in the eye as you mentally make him weak by telepathic hypnosis. This time he will be unable to lift you and this is for two reasons, a) He has to keep staring up to look you in the eye and b) As he is trying to lift you, the tips of your forefingers are gently touching both sides of his neck, one side touching his Carotid Artery (very lightly only) and for some reason this stops people being able to lift you up!

OTHER USEFUL RESOURCES!

If you want some other amazing routines, which can all, with a little thought, be presented in such a manner that an audience believes you have genuinely hypnotised people, then I suggest you buy the following books:

01) "Body Magic" by John Fisher as this is full of stunts, which look like Hypnosis but work due to physical means.

02) "Psychokinetic Touches" by Steven (Banachek) Shaw, this details an amazingly spooky routine, which can easily be presented as if due to Hypnosis!

03) "Theatre of the Mind" by Barrie Richardson, this contains several very clever effects, which can be presented as if due to Hypnotism!

04) ***"Zapped"*** – This is available from Internet magic stores and is the ultimate guide to the old "Electric Chairs" stunt where volunteers keep jumping out of their chairs as if they have just received an electric shock!

You will be able to source all of these items via the Internet, a good starting point being the links and dealers sections on the site: www.magicweek.co.uk

I trust that you have found this short manual interesting and that you will have as much fun using these stunts and routines as I have done over the years!

Should this manual have wetted your appetite, then please do visit my site of www.hypnotorious.com as we also sell many items dealing with and teaching the areas of ***GENUINE HYPNOSIS*** both for use on stage and in therapy!

Have fun and don't forget to keep these secrets to yourself as they truly will put you head and shoulders above your competition!

Yours Hypnotically

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By: JONATHAN ROYLE – MASTER HYPNOTIST